

veggie breakfast REGIPE

BOOK

BY ROXY PT

protein smoothic



138 KCALS-4g carbs-4g fat-23g protein INGREDIENTS-

kinetic or other whey protein vanilla or other flavour-1 scoop 6 ice cubes 100ml coconut milk

Method

blend 100ml coconut milk with 6 ice cubes and add 6 ice cubes- blend all until smooth

yogurt and pervics



363 KCALS- 19g PROTEIN- 40g CARBS- 14g FAT

Ingredients:

150g greek yogurt 50g fresh/frozen berries 50g low sugar granola Sainsbury's taste the difference compote morello cherry





290 KCALS- 51g carbs-5g fat-11g protein

Ingredients-

50g plain porridge oats 50g total 0% greek yogurt 50g blueberries

1 tbsp Sainsbury's taste the difference cherry morello compote

method-

soak 50g plain porridge oats in the fridge overnight, in the morning add 50g total 0% face yogurt, a tbsp of Sainsbury's cherry compote, 50g blueberries

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367 kcals- 42g carbs- 8g fat-29g protein

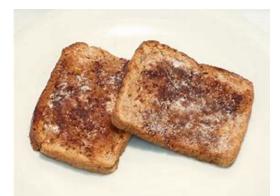
Ingredients

50g plain porridge oats 150ml coconut milk 1 scoop vanilla whey protein 50g fresh or frozen blueberries

Method

place 50g porridge oats in a bowl with 150ml coconut milk, microwave for 1.5-2minutes, stir ad then add 1 scoop vanilla whey protein then top with 50g frozen or fresh blueberries

Tae



196KCALS-58G CARBS-0G FAT-10G PROTEIN

INGREDIENTS THIN SLICE BROWN/WHOLEMEAL/GRANARY BREAD LOW SUGAR JAM

pales muffin



serves 12- have 4 per person 88kcal-7g fat-5g protein-2g carbs

INGREDIENTS

1 cup broccoli 1 cup cauliflower florets 1 chopped red pepper 2 gloves garlic 8 large eggs quarter cup coconut cream 2 tbsp olive oil

METHOD

In a large bowl, toss together the broccoli, cauliflower, red pepper, minced garlic, and olive oil- mix together then stir fry in a pan

whisk the egg with the coconut cream

place the veg mix into each muffin cup and pour the egg mix over the top bake for 15-20minutes

omelette



370 calories- 6g carbs-37g fat-53g protein

ingredients 3 eggs 1 cup spinach 30g red onion 30g 50% low fat cheese

Method

whisk or blend all the ingredients and then place in a pan, when the ingredients start to bubble place in the oven for approximately 5 minutes- when you see the ingredients have risen and gone golden remove from the oven and allow to cool

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262 kcals- 4g carbs- 12g fat- 35g protein

Ingredients 2 eggs splash of water 1 scoop whey protein

Method

blend or whisk the ingredients until the consistency is not too thick and not thin then spray a frying pan with 1kcal spray pour in the mixture, when it begins to bubble flip it over

serve with zero kcal pancake syrup which can be purchases online

https://www.bulkpowders.co.uk/zero-calorie-syrup.html? view=ppc&pid=4229&gclid=EAIaIQobChMI05Pv0Zb4AIVYrXtCh3_qgCDEAQYBCABEgKgfvD_BwE

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